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WAR FOOD ADMINISTRATION  
U.S. DEPARTMENT OF AGRICULTURE  
**FOOD DISTRIBUTION ADMINISTRATION**  
[NUTRITION AND FOOD CONSERVATION BRANCH]

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NUTRITION NEWS LETTER NO. 15



### Activities of Nutrition Committees

#### Packed Lunch Project

The need for better lunch-time meals for workingmen and for students attending schools in which there is no provision for lunch at school was a real nutrition problem in Cochise County, Ariz. The Cochise County Health Department staff, working with members of the county nutrition committee, through the schools and other community agencies, planned a series of demonstrations on how to pack nutritious lunch-box meals. A survey in one large high school in this area revealed that, out of 560 students enrolled, 319 carried their lunches to school. The major industry in this area is mining, and the men working in the mines also carry their lunches.

Letters were sent to the parents of all the school children, and those parents interested in the packed-lunch demonstrations were invited to attend classes held in the home economics department of the school. A high-school home economics class prepared lunches which were brought to the mothers' meetings. Home economists prepared food for two lunches, from soup to dessert. The lunches were then packed to illustrate what can be done by a little thought and planning to make the carried lunch good to eat. Following the demonstrations, all the members of the class were given samples of the food prepared and a pamphlet on lunch-box suggestions. This pamphlet contained recipes for sandwich fillings, salads, milk soups, hot dishes, and desserts especially adapted to the carried lunch.

#### Use of Local Surpluses

That no vegetables may go to waste in Grant County, Ark., urban and rural families are cooperating with the county nutrition committee exchanging surpluses and buying and selling in quantity lots for canning. Block leaders find where vegetables are desired and neighborhood leaders locate surpluses. A blackboard installed in the post office at Sheridan lists vegetables for sale.

#### The Enrichment of Corn Meal and Grits

The State nutrition committee of South Carolina recognized the importance of improving the nutritional value of white flour, bread, and margarine, and, at its suggestion, the South Carolina General Assembly enacted laws in March 1942 which required the enrichment of all white flour and bread, and the addition of vitamin A to all margarine sold in South Carolina. However, since the people of this State

consume very large quantities of corn meal and grits, the State nutrition committee recognized that the enrichment of these two products would be of benefit to the health of the people in the State. They, therefore, requested the General Assembly to enact a measure for the enrichment of corn meal and grits. This measure was enacted in March 1943. The South Carolina Department of Agriculture, Columbia, S. C., was given the responsibility of administering the law and the authority to issue rules and regulations to enforce it. Since it is customary to wash grits before cooking, it was necessary to enrich the grits in such a way that the enriching ingredients are not lost with the rinsing water. This has been accomplished by placing the enriching ingredients on the inside of particles the size of grits in such a way that rinsing before cooking will not cause a loss of the added niacin and thiamine. This is being done on a practical commercial basis, and application for a patent to cover the fundamental steps of this process has been made in order to assure every manufacturer the opportunity to prepare a premix of this type and to protect the public from unreasonable charges.

Details on this program may be secured by writing to the South Carolina Agricultural Experiment Station of Clemson Agricultural College, Clemson, S. C., for Circular 64, "The Enrichment of Corn Meal and Grits," by E. J. Lease.

#### Activities of Nutrition in Industry Subcommittees

##### Committee Publishes News Letter

The San Francisco Bay Area Nutrition in Industry Committee now publishes an informal and informative News Letter. It is enlivened with sketches. Reports of progress in the work to encourage in-plant feeding and better eating habits among war workers and their families are helpful and stimulating news to all who are working in the field of industrial nutrition.

The Alameda County Nutrition in Industry Committee, which is one of the members of the Bay Area Nutrition in Industry Committee, has conducted a survey in one of the large war plants, helped to improve the menus, and make suggestions to meet the need for the use of meat alternates. A survey of home-packed lunches is being conducted in some of the Alameda County industries. A second survey is under way in industrial cafeterias throughout the area.

Realizing the importance of nutrition education, the Tuberculosis Associations of San Francisco, Alameda, San Mateo, Marin, and Contra Costa counties in California have been very active in the Nutrition in Industry Program during the present year. Representatives for these associations and representatives of the five county nutrition councils form an executive committee.

##### Changing Food Habits

Food habits can be changed to meet war conditions in plant cafeterias, according to the experience of the nutritionist in one of the aviation companies in Maryland. Workers eating at the plant cafeteria not only choose and enjoy eating more vegetables, fruits, whole-grain bread, and milk but they like new food products—such as soy beans. The secret of the success at this plant is their four-point program: 1. Provision of a choice of a 25-cent and a 40-cent Lunch Special, including meat or an alternate, potato and a green or yellow vegetable, bread and butter, fruit, and beverage. 2. Preparation of food to preserve flavor and food



value. 3. Arrangement of vegetables and fruits to have "eye appeal." 4. Nutrition guidance for workers and cafeteria manager under the direction of a trained nutritionist paid by management. The Nutrition in Industry subcommittee of the Maryland State Nutrition Committee, is enthusiastic about the evidence of the value of the nutrition education program at the plant. It is encouraging other war plants in the State to establish in-plant feeding programs to meet the increasing dependence of workers on in-plant food service. They have conducted a survey to determine the number of plants needing more adequate food service.

#### A New Job: Food Conservation

With the armed forces, Lend-Lease, and additional civilian purchasing power continuing to make greatly increased demands upon our food supplies, the United States is for the first time squarely confronted with the necessity of saving food. During our years of abundance we developed many wasteful food habits which must now be curbed.

How much food do we waste? A study of garbage made by the American Public Works Association in 1939 indicated that annual home food wastage averages 235 pounds per person per year, or 0.65 pound per day. Another study made in 1941 by the Bureau of Agricultural Economics found an average yearly food wastage of 302 pounds per person per year, or 0.83 pound per day. A garbage analysis study made by the Engineering Research Laboratory in New York University in 1941 indicated that the food wastage consisted of 23 percent of green vegetables, 17 percent of other vegetables, 29 percent of citrus and other fruits, 14 percent of bread and other baked goods, and 7 percent of meats, bones, and fish. The best available estimates indicated that 15 percent of all food purchased is wasted in homes.

Some comparisons will indicate the significance of this food waste. If each home wastes only one slice of bread per week (and actually the bread wastage is much higher) the total amount is 34 million slices, or approximately 2 million loaves each week. If only one-half ounce of butter were saved by each civilian in the country each week, it would provide enough butter to have supplied the needs of our entire armed forces last year. Eating potatoes and other vegetables with their skins on, using the leaves of celery, the tops of beets and the outer leaves of lettuce and cabbage, tipping soup bowls, and eating the last bits of food on the plate are among the simple but effective means of reducing food wastage in the home.

The basic job in waging a food conservation campaign is to make every American housewife see the significance of the insignificant, to concentrate attention upon the dribblets and ounces of food waste. It is from such sources that our garbage cans are filled. Here on the home front, in the kitchens and dining rooms, is our best opportunity to increase the available food supply for our pressing needs.

A broad campaign of public education is now being developed by the Nutrition and Food Conservation Branch of the Food Distribution Administration in cooperation with the Office of War Information, details of which will be furnished to all State and local nutrition committees in a short time. Nutrition committees are expected to play a leading role in this campaign.

A Selected List of Nutrition Articles Appearing in Monthly Publications Prepared  
by the Subcommittee on Educational Materials, Connecticut State Nutrition  
Committee. (Reprints not available from this office.)

COLLIER'S

"Beware the Black Market," by Alan Hynd. May 29, 1943, p. 16

GOOD HOUSEKEEPING

"Rationing Won't Get You Down," by Katherine Fisher. June 1943, p. 89

HYGEIA

"Nutrition of the Pregnant Woman," by Dolores F. Moore. June 1943, p. 418

"Your Victory Vitamin Garden," by J. G. Alexander. June 1943, p. 428

"Judging Nutritional Condition," by Amalia Lautz. June 1943, p. 438

PARENTS' MAGAZINE

"Serve Colorful Salads," by Eva Selden Banks and Cecily Brownstone.  
June 1943, p. 62

"Jams and Jellies the Easy Way," by Katherine Swyers. June 1943, p. 64

WOMAN'S DAY

"War Food Bulletin." June 1943

WOMAN'S HOME COMPANION

"Change Your Food But Keep Your Figure," by Hazel R. Cadeo, June 1943, p. 76

"Uncle Sam Says 'We Can'," by Elizabeth Beveridge. June 1943, p. 63

Materials (Samples enclosed)

"EAT THE BASIC 7 EVERY DAY." This poster, described in the May News Letter, is now available for distribution. Direct distribution was made by the printer to post offices, banks, libraries, war plants, beauty parlors, Federal Housing projects, shipyards, retail stores, hotels, restaurants, drug stores, etc., in addition to regular Government agencies. Additional copies to fill the needs of local nutrition committees may be obtained from the regional offices of the Food Distribution Administration.

"WARTIME CANNING OF FRUITS, VEGETABLES." This folder supersedes, in part, Farmers' Bulletin 1762, "Home Canning of Fruits, Vegetables, and Meats." It gives a canning table stating the method of preparation and processing time for the common fruits and vegetables. A discussion of equipment and other points to be considered in canning are included. Copies may be obtained in quantities free from the regional offices of the Food Distribution Administration.

"FATS IN WARTIME MEALS." A pamphlet prepared by the Bureau of Human Nutrition and Home Economics. It contains suggestions on making fats go further, using the fats you save, and some fat-saving recipes. Additional copies may be obtained free from the regional offices of the Food Distribution Administration.

"ROOT VEGETABLES IN WARTIME MEALS." Another pamphlet in the "Wartime Meals" series prepared by the Bureau of Human Nutrition and Home Economics. It gives information on the preparation and cooking of these vegetables. Additional copies may be obtained free from the regional offices of the Food Distribution Administration.



Materials (Samples enclosed)—Continued

"99 WAYS TO SHARE THE MEAT." A revision of the pamphlet of the same name printed last fall, by the Bureau of Human Nutrition and Home Economics, on how to spread our ration points for meat. Additional copies may be obtained from the regional offices of the Food Distribution Administration.

Materials (Samples not enclosed)

POSTERS FOR INDUSTRIAL PLANTS. The Nutrition in Industry Committee of the Los Angeles County War Council had no difficulty in persuading Walt Disney to lend his talents and that of his artists to portray the importance of good nutrition for war workers. The posters are now being purchased by war plants on the West coast, and are available for national distribution. They are also useful for other places such as schools, window displays, libraries, and nutrition information centers. The set includes the following posters size 12½ x 19 inches in color:

"You Can't Breakfast Like a Bird and Work Like a Horse!"

"A Goofy Lunch Pulls Your Punch!"

"There's Fightamins in Fruits and Vegetables!"

The first poster includes a suggestion for a good breakfast, the second, a suggestion for a good lunch. The third poster carries the suggestion that at least three good servings of vegetables and fruits be eaten every day—including citrus fruit or tomatoes and yellow or leafy green vegetables.

The Walt Disney posters may be secured from George Rice & Sons, Printers, 320 Crocker Street, Los Angeles, Calif. If purchased in sets of equal amounts of all three, the price for 500 or more posters is 4 cents each poster; this includes imprinting the committee or plant name at the bottom. In amounts less than 500, the price with imprint is 5 cents for each poster, or 4 cents without imprint.

POSTERS ON CONSERVATION. In the October 1942 News Letter, we mentioned the two series of posters, "Fight Food Waste in the Home" and "Get the Good From Your Food," prepared by the Bureau of Human Nutrition and Home Economics. These posters will be particularly helpful in the nutrition education program with the present wartime emphasis on saving food and retaining maximum food value. Attached are sheets describing these posters and giving information on how they can be obtained.

A new set of charts on equipment, "MAKE YOUR EQUIPMENT LAST" has just been prepared by the Bureau of Human Nutrition and Home Economics. The ten charts tell their story by photos, cartoons, and captions, showing how to clean and care for gas and electric ranges, refrigerators, and other household equipment. Charts are sold only in complete sets. Each chart is 14 x 20 inches, printed in blue and yellow on heavy white paper. Price 50 cents. Superintendent of Documents, Washington, D. C.

Intensive Education Program on the Wartime Food Problem

Since the conference of State nutrition chairmen, held in Washington, May 27, 28, 29, when plans were discussed for a National Nutrition Week, to be held in October, the War Food Administration has decided to launch an intensive education program which will include all aspects of the wartime food problem.

According to plans now being drafted, this Nation-wide, full-scale education program will get into operation in late July or early August and will culminate in a "food-for-freedom observance" during the month of November—the high spot of which will be during Thanksgiving week. The program will include the broad subjects of production, distribution, conservation, and consumption of food. The central theme of the program will be to "make food fight for victory." State and local nutrition committees will be expected to take an important part in the public cooperation phases of the program.

In view of these broader plans, and in order to avoid any duplication of effort, there will be no formal National Nutrition Week, such as the one discussed at the May conference. As the program develops, items of special interest will be carried in the News Letter.

New Chief of the Nutrition Division

We are glad to announce that Miss Jessie Harris, Director of the School of Home Economics at the University of Tennessee and President of the American Home Economics Association, has been given leave of absence to serve as Chief of the Nutrition Division, Nutrition and Food Conservation Branch, War Food Administration. At the present time, Miss Harris and Miss Margery Vaughn, senior nutritionist of the Nutrition Division, are visiting the Regional Food Distribution Offices, and plan to contact as many of the State and local nutrition committees on the way as their limited time allows.

Sincerely yours,



M. L. Wilson,  
Chief, Nutrition and Food  
Conservation Branch



W. H. Sebrell,  
Associate Chief, Nutrition and Food  
Conservation Branch

Enclosures

P.S. Due to the time necessary for printing and assembling the News Letter, it has not been possible to distribute it until the end of the month or the beginning of the following month for which the letter has been dated. To make the date of the letter current, this issue is dated August 1943. There will be no letter dated July 1943.



WAR FOOD ADMINISTRATION  
FOOD DISTRIBUTION ADMINISTRATION

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